

Best Practices
in Oral Health
for Older Adults
-How to Keep My Bite
in My Life!



Mr.
has most
of his
natural teeth.

Mr. JB

- Age 78.
- In for rehab from stroke; will return home.
 - Non-dominant hand/arm paralyzed.
 - Seizure disorder.
- No dental pain but many root-surface cavities.
- Meds include dilantin, anti-hypertensives, etc.
- Mouthdryness.
- Uses regular diet.

Advanced Root Surface Caries



These teeth
will likely
be lost.

Ms. MT



Introduction

Ms. MT

- Age 92.
- With several natural teeth but also upper and lower dentures.
 - Feels that she is doing OK with hygiene but exams show accumulation of plaque and food.
- Avoids hard foods (beef, salads, breadcrumb).
- Has mouthdryness.

Absence of Upper Teeth (Edentulous)



Upper Complete Denture with Poor Oral Hygiene



Lower Partial Denture with Periodontal (Gum) Inflammation



How to Keep My Bite in My Life.

- Has much to do with keeping one's teeth.
- In general, older adults have fewer teeth than others.
- However, aging, itself, seems to have little effect on oral tissues (teeth, periodontal tissues, tongue, lips, etc.)
- Retaining teeth has most to do with care over a lifetime.

Introduction

OBJECTIVES 1

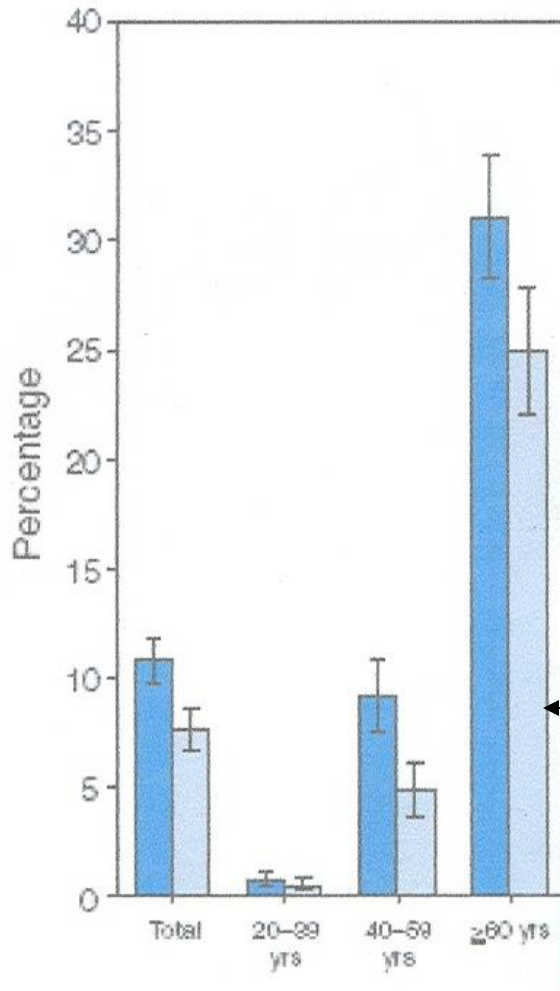
- To become acquainted with normal oral changes with age.
- To become acquainted with the forms of oral diseases common in older adults.
 - Cavities (Dental Caries)
 - Periodontal (Gum and Bone) Inflammation

Introduction

OBJECTIVES 2

- To gain increased awareness of relationships between oral and general health.
- To gain increased awareness of the importance to older adults of preventive dentistry and techniques for prevention.
- Examples of best practices in oral health for older adults. (2 patients)

Prevalence of Edentulousness



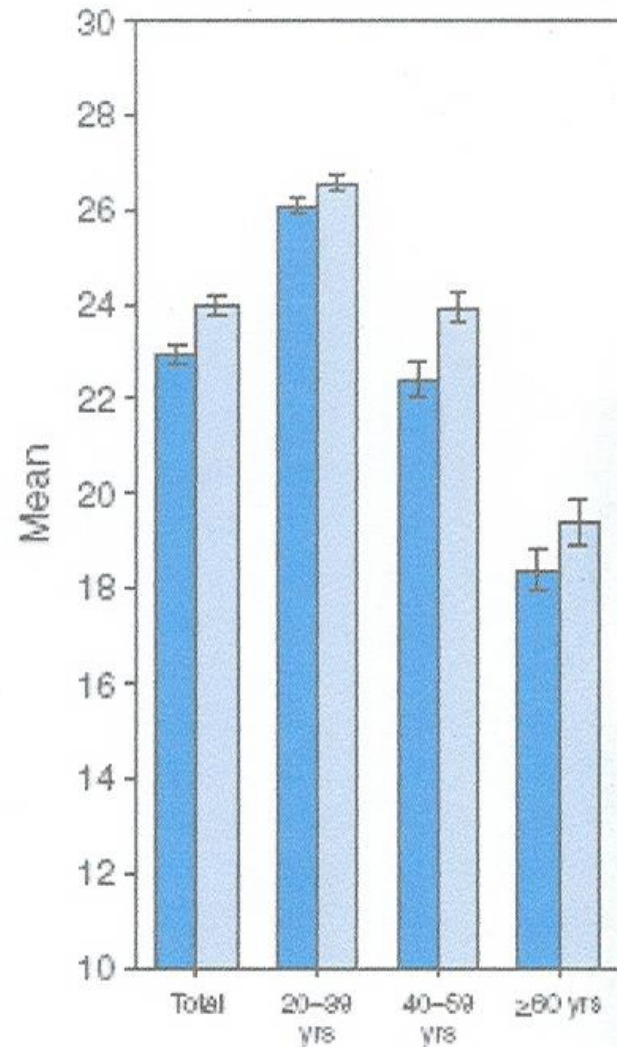
- The prevalence of edentulousness is highest in older adults

1988

2002

Number of Teeth

Number of teeth (n=19) is lowest in older adults..







Think you're too old for cavities? Chew on this

Brush away those outdated ideas about dental care

Kim Painter

Special for USA TODAY

Alice Boghosian, a dentist in Niles, Ill., says she was working on an 87-year-old patient recently when she found a cavity and exclaimed, "You have got to be kidding me."

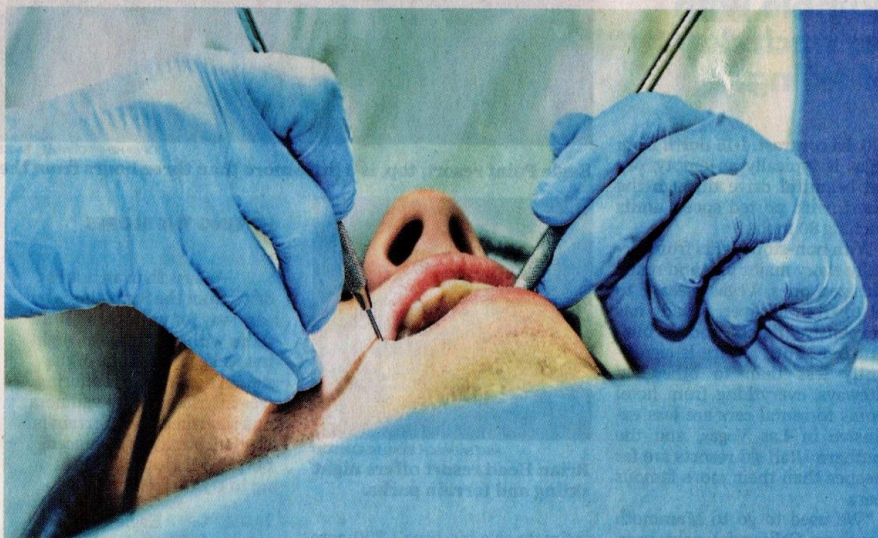
Boghosian, a consumer adviser for the American Dental Association, was not surprised by the patient's age. She was surprised because the patient was her own mother.

"Luckily, I was able to save the tooth," she says — something she cannot always do for her older patients.

Adults of all ages need to know cavities are not just for kids, dentists say. The risk can even rise as we age. "It's as much a problem in seniors as it is in kids," says Judith Jones, a professor of general dentistry, health policy and health services research at Boston University.

It's also a more persistent threat now that most older adults keep at least some of their teeth. Just 50 years ago, more than half of people over 65 in the USA had lost all their teeth and needed dentures, Jones says. More recent data find 15% of people ages 65 to 74 and 22% of those over 75 are toothless, according to the federal Centers for Disease Control and Prevention.

But those with teeth don't always have healthy ones. More than 20% of those over 65 had untreated cavities in 2008, the CDC says. Poor people, men and



CHALABALA, ISTOCKPHOTO/GETTY IMAGES

More Americans are keeping their teeth as they age, the Centers for Disease Control and Prevention says. But it's important that those older teeth are healthy teeth.

non-whites were most at risk.

Cavities can lead to pain, infection and tooth loss. They can also come as a shock for older adults, says Christine Downey, a clinical assistant professor of dental ecology at the University of North Carolina at Chapel Hill.

"Many a person has come into my office saying: 'I always had really nice teeth, and now I'm getting cavities. What's going on?'" says Downey, who is also on the adjunct faculty of Duke University.

Here are some of the factors that might be at play:

DIET, ESPECIALLY SUGAR. Sugar is bad for your teeth, whether you're 7 or 70. When you eat or drink sugar, bacteria in your

mouth produce acid. That acid breaks down the protective enamel on teeth, which allows decay. Eating acidic foods such as citrus fruits can also damage tooth enamel.

DRY MOUTH. Cavities can be a side effect of more than 500 medications, including many commonly used by older adults, the dental association says. "Our saliva has a cleansing, anti-cavity effect," Boghosian says.

RECESSED GUMS. When you are "literally long in the tooth," decay is more likely to reach tooth roots, Jones says.

DELAYED CARE. Many people lose their dental insurance when they stop working and then stop going to the dentist, Jones says. Dental

care is not covered by Medicare, and Medicaid coverage varies by state.

HEALTH, COGNITIVE CHALLENGES. People with dementia may forget to brush or "don't care about it," and caregivers may not take up the slack, Downey says. Lost dexterity and other physical problems can also interfere with dental hygiene.

Cavity prevention, at any age, means brushing with a fluoride toothpaste at least two times a day for two minutes at a time, flossing and regular dental visits, dentists say.

Some people need to take extra steps, like using stronger prescription fluoride toothpastes and oral moisturizers.

HERE'S SOME SWEET ADVICE

All Americans can benefit from watching what they eat and drink. Here are tips for a tooth-friendly diet from consumer adviser Alice Boghosian of the American Dental Association:

RECOGNIZE SUGAR IN ALL ITS FORMS. Scan labels for honey, corn syrup, dextrose, fructose and other sweets, she says: "It's all sugar."

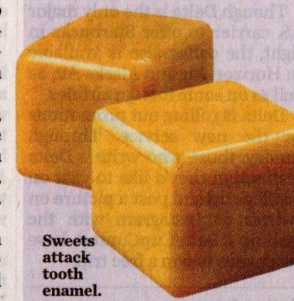
BEWARE OF STICKY FOODS. Dried fruit, caramels and other sticky sweets can promote decay. Even bread or crackers that stick to teeth can convert to sugar and cause trouble.

DON'T NURSE SWEET DRINKS OR CANDIES. Sipping sweet tea or sucking hard candy for hours keeps your teeth bathed in sugar.

LIMIT ACIDIC FOODS. Citrus fruits and juices count. So do sodas, even if sugar-free.

DRINK WATER, AND MAKE IT FLUORIDATED TAP WATER WHEN YOU CAN. Swish water in your mouth after eating sweet, sticky or acidic foods.

KEEP UP YOUR CALCIUM INTAKE. Consuming more milk, yogurt, cheese and leafy greens will help rebuild enamel.



Sweets attack tooth enamel.

ISTOCKPHOTO/GETTY IMAGES

Cavities

(Dental Caries)

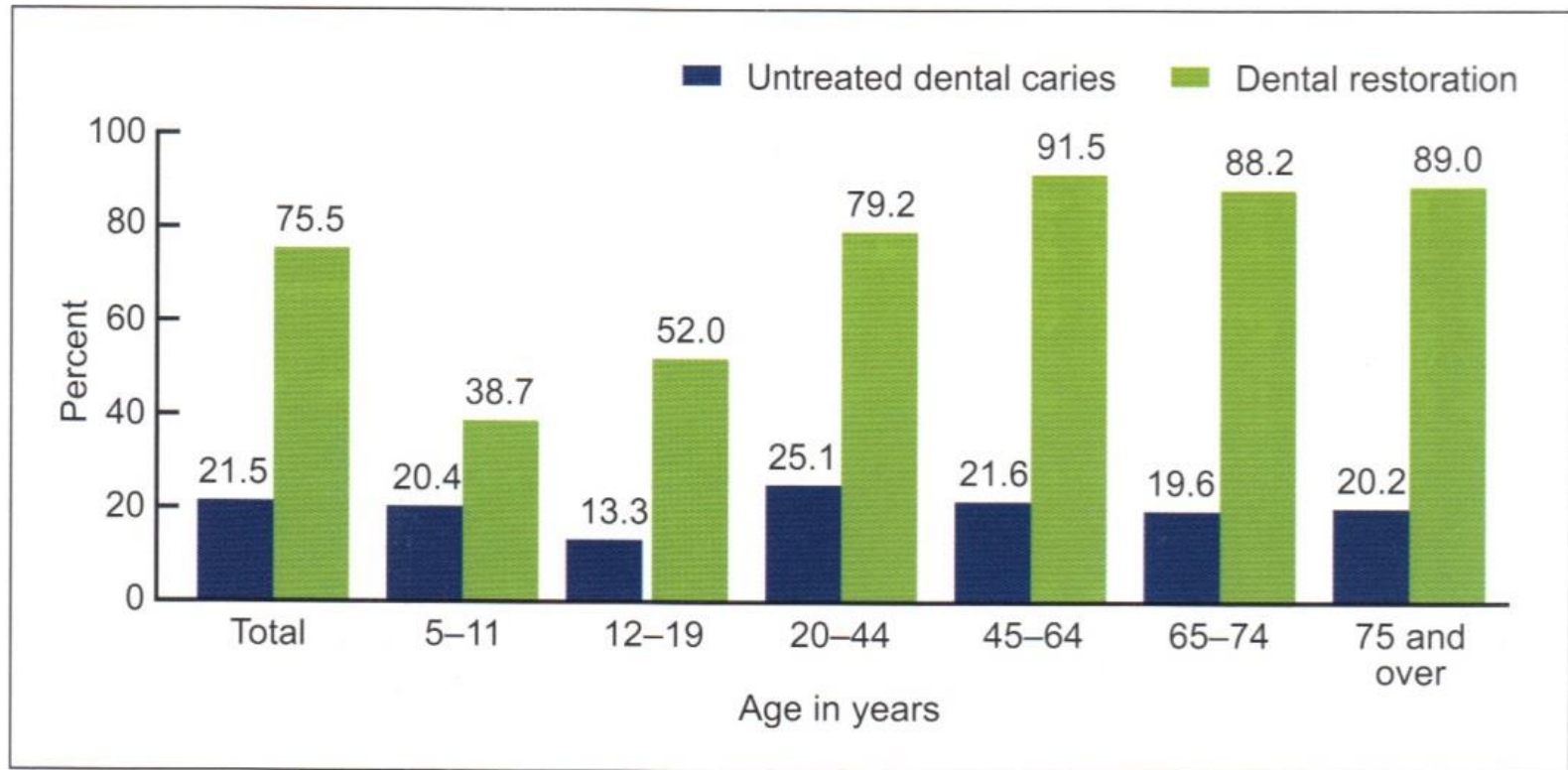
- Caused when foods (e.g. sugars) are metabolized by bacteria (dental plaque) producing acids which demineralize teeth.
- Classified by location on tooth:
 - Coronal (Crown)
 - Root

Significance of Oral Hygiene

Good oral hygiene is not “care”,
it is a ***preventative*** medical treatment
and a direct **medical intervention** to any
seriously ill patient.

Evidence links poor oral health to serious systemic illness; including diabetes, stroke, hypertension, cardiovascular disease, myocardial infarction, congestive heart failure, coronary artery disease, rheumatoid arthritis, osteoporosis and aspiration pneumonia.

Figure 1. Prevalence of untreated dental caries and existing dental restorations in teeth, by age: United States, 2005–2008



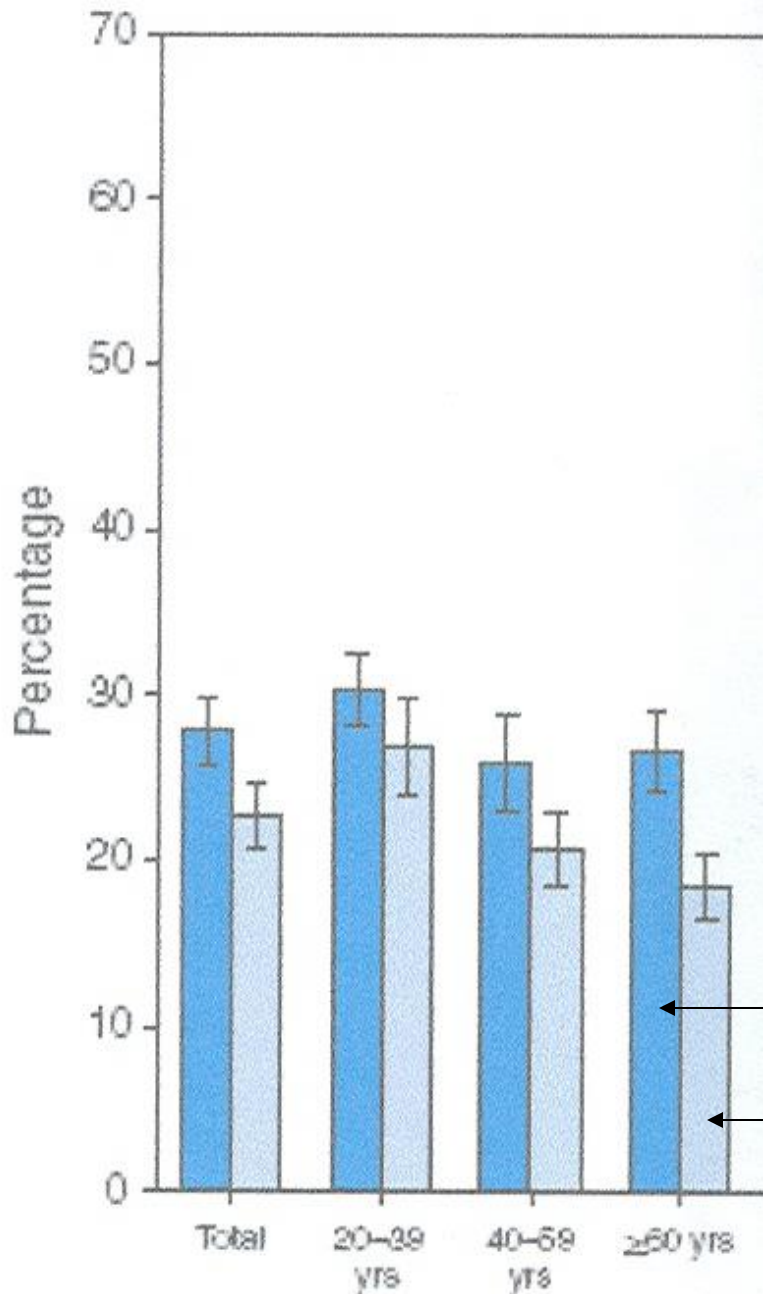
SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2005–2008.

Coronal Caries



Coronal Caries

- Only slightly lower in older adults.



1998

2002

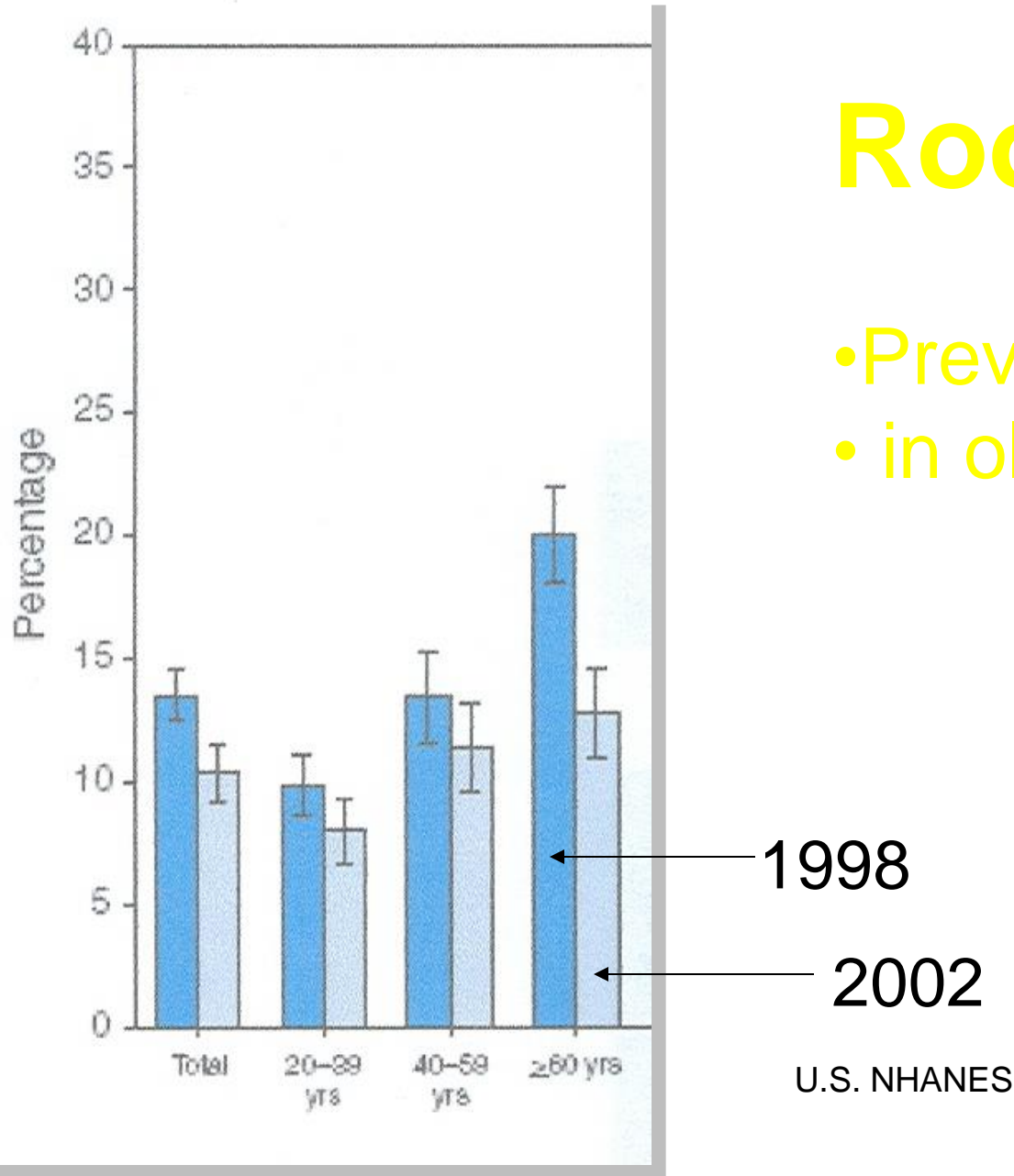
u.s. nhanes

Root Surface Caries



Root Caries

- Prevalence highest
- in older adults.





Toothbrushes for Older Adults

Good

Better

Best

CREST TOOTHBRUSHES

Introducing Exciting New Options From Crest for Better Brushing

The advertisement displays a row of eight different Crest toothbrush models. From left to right: a green manual toothbrush, a pink manual toothbrush, a blue manual toothbrush, a light blue manual toothbrush, a dark blue manual toothbrush, a black and white manual toothbrush, a red manual toothbrush with a fire truck design, and a purple electric toothbrush. Three blue arrows point from the 'Good', 'Better', and 'Best' labels to the first, sixth, and eighth toothbrushes respectively.

Crest Healthy, Beautiful Smiles for Life

12

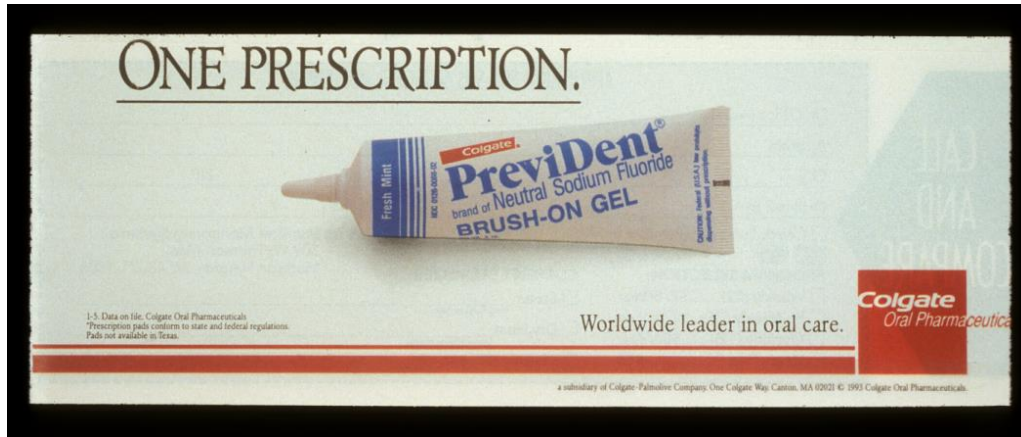




“Toothette”
-good for
application of
fluorides but not
removal of
plaque.

Use of Fluorides for Older Adults

- Daily Home Care
 - Use toothpaste &/or solution every day.
- Professionally Applied.
 - Use every 3 months by dental hygienist or dentist.



Select daily topical fluoride(s) based on:

1. Risk level.
2. Preference.
3. Ability to use.

Most important is some form of daily exposure.



How to Keep My Bite in My Life

Dental Caries (Cavities)

- Brush
- Clean between teeth
 - Floss, Soft-Pik, Stim-u-Dent
- Use toothpaste with Fluoride (ADA Seal).
- For people at high risk (e.g. many fillings, dry mouth)
 - High F paste
 - F rinse at night

How to Keep My Bite in My Life

Periodontal (Gum and Bone)
Inflammation





Periodontitis 2012

Age Group (Yrs.)	%Severe	%Moderate	%Mild
30-34	1.9	13.0	9.4
35-49	6.7	19.4	10.4
50-64	11.7	37.7	7.9
65+	11.2	53.0	5.9

Severe ≥ 2 interprox sites ≥ 6 mm AL

Moderate ≥ 2 interprox sites ≥ 4 mm AL

Mild ≥ 2 interprox sites ≥ 3 mm AL

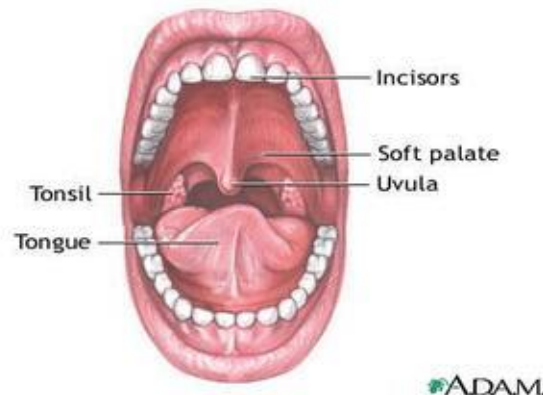
AL = Attachment Loss

Eke P et al. Prevalence of periodontitis in adults in the U.S.: 2009-10.
J Dent Res. 91: 914-920, 2012

Relationship of Poor Oral Hygiene to Pneumonia

Poor oral hygiene, profuse plaque development and a compromised immune host system provide favorable conditions for pneumonia development when orally incubated pathogens are aspirated.

Li et al (2000); Scannapieco et al (2010); Shay, (2002)



The most common oral pathologies, caries and periodontal inflammation, are infectious diseases.

Pressure Ulcer

Stage 4



Stage 4 decubitus displaying the tuberosity of the ischium protruding through the tissue and possible onset of osteomyelitis

Advanced Periodontitis



These may have similar bacterial “counts.”



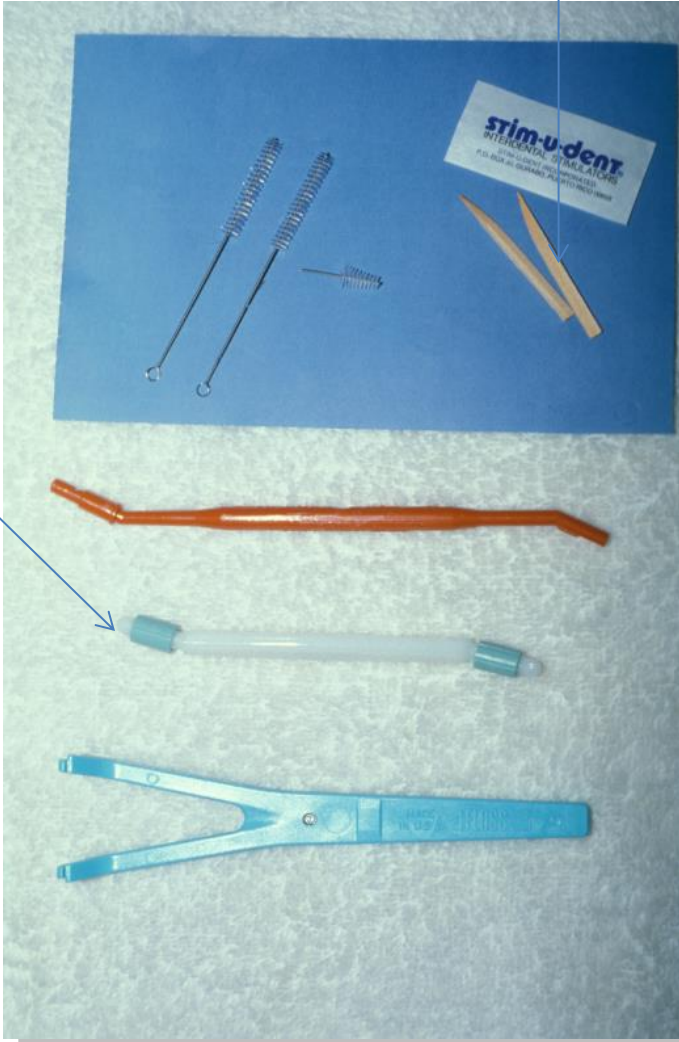
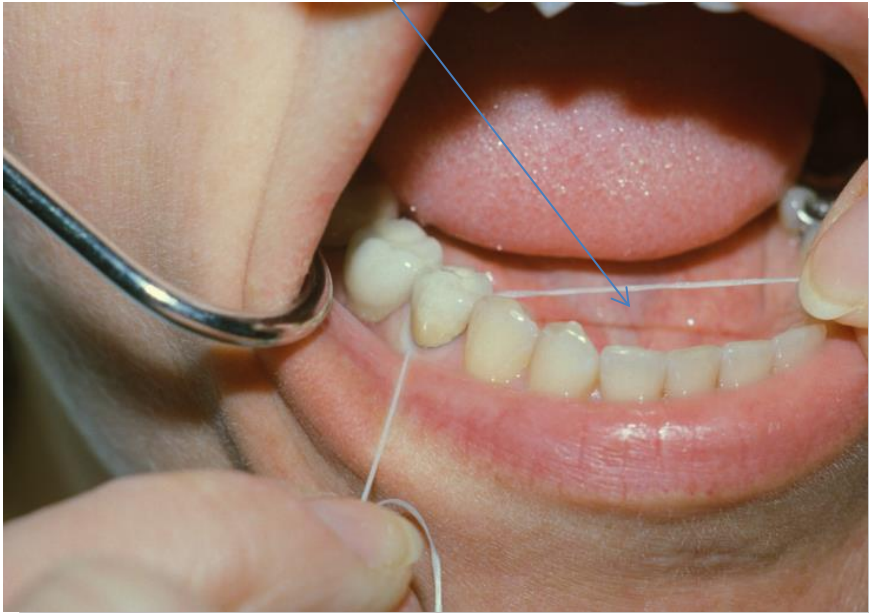


Interdental hygiene is essential.

Floss

Proxabrush

Stim-U-Dents



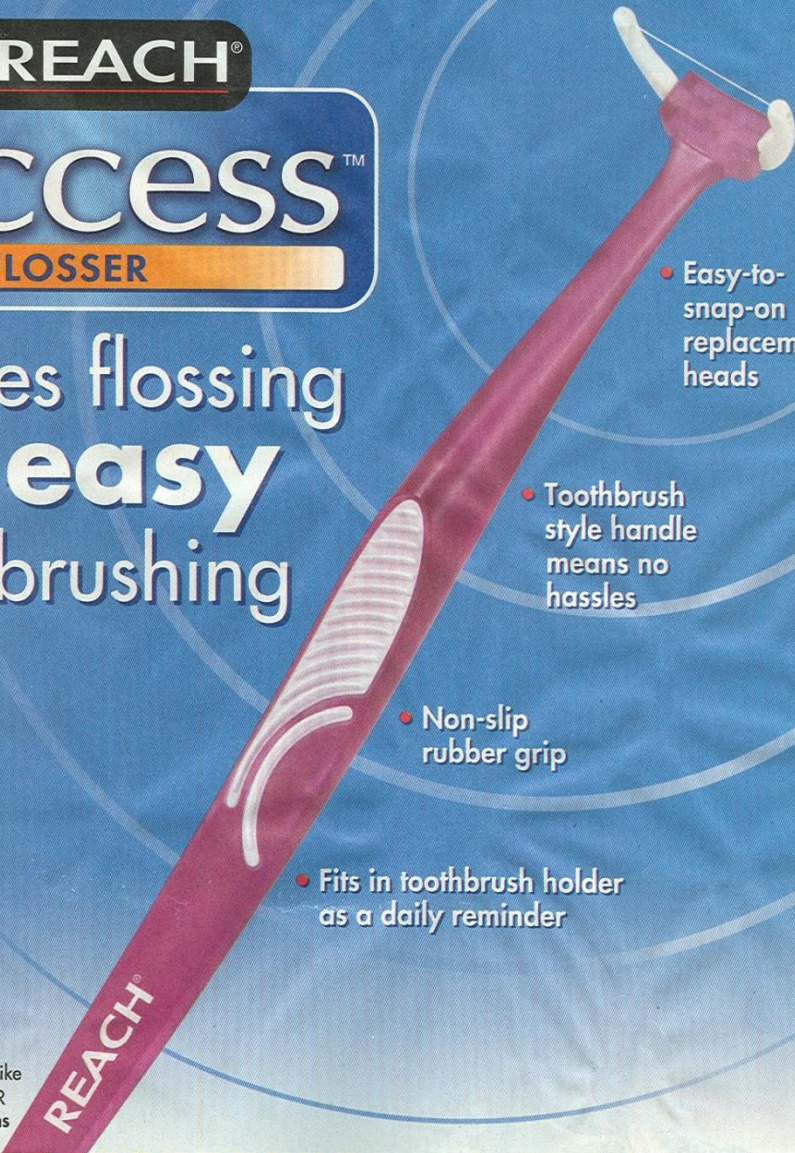
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Access™

DAILY FLOSSER

Makes flossing
as **easy**
as brushing



- Easy-to-snap-on replacement heads

- Toothbrush style handle means no hassles

- Non-slip rubber grip

- Fits in toothbrush holder as a daily reminder

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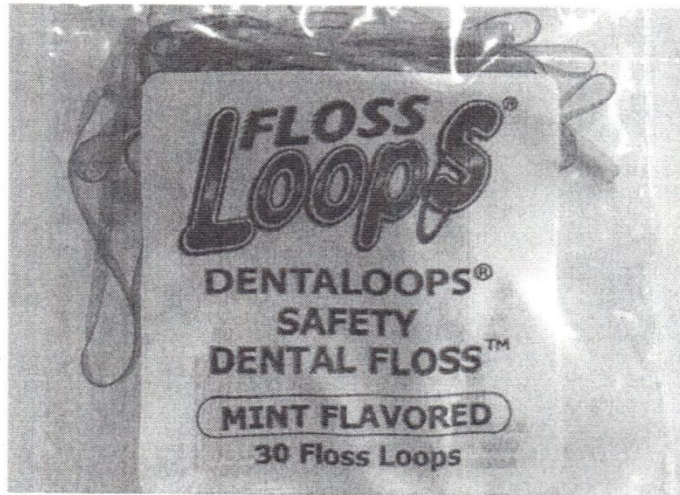
Go-Betweens® Angle Cleaners
Sunstar Americas, Inc.

Thin brush reaches into tiny areas. Fits spaces as small as 0.9 mm. Perfect for healthy gingiva, restorations, orthodontic appliances, or noncompliant flossers. Antibacterial bristles are coated with chlorhexidine.

Tapered #3014PYA

(712-5796).....36 per Box 27.49

Jailers worry about dental floss as a weapon



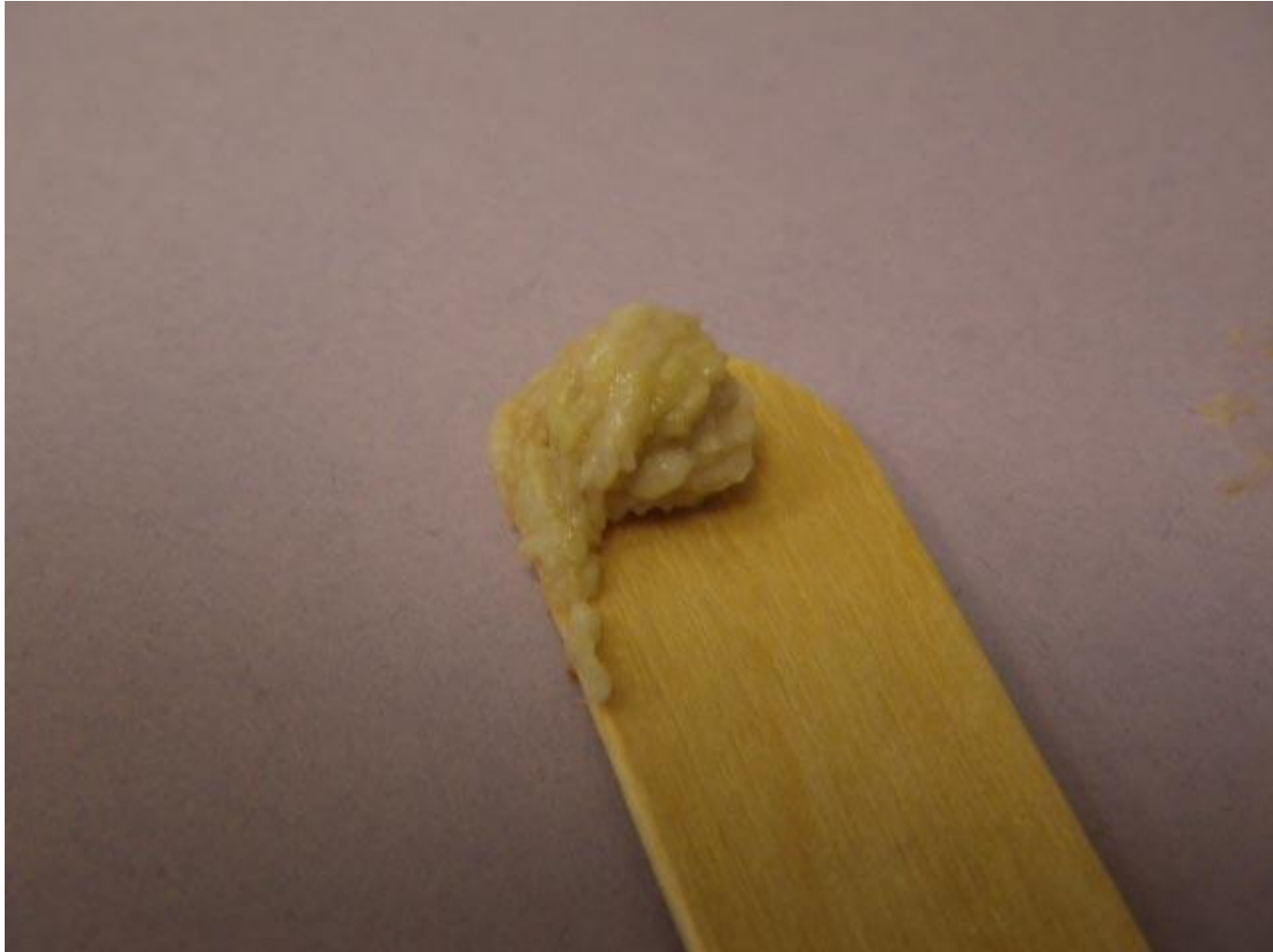
AP 7 hr ago By Jim Fitzgerald

Experts say dental floss, or the plastic holder it sometimes comes in, has been used to strangle enemies, to saw through bars, to make a hand grip on a shank, and to hoist contraband from one level of cells to another.

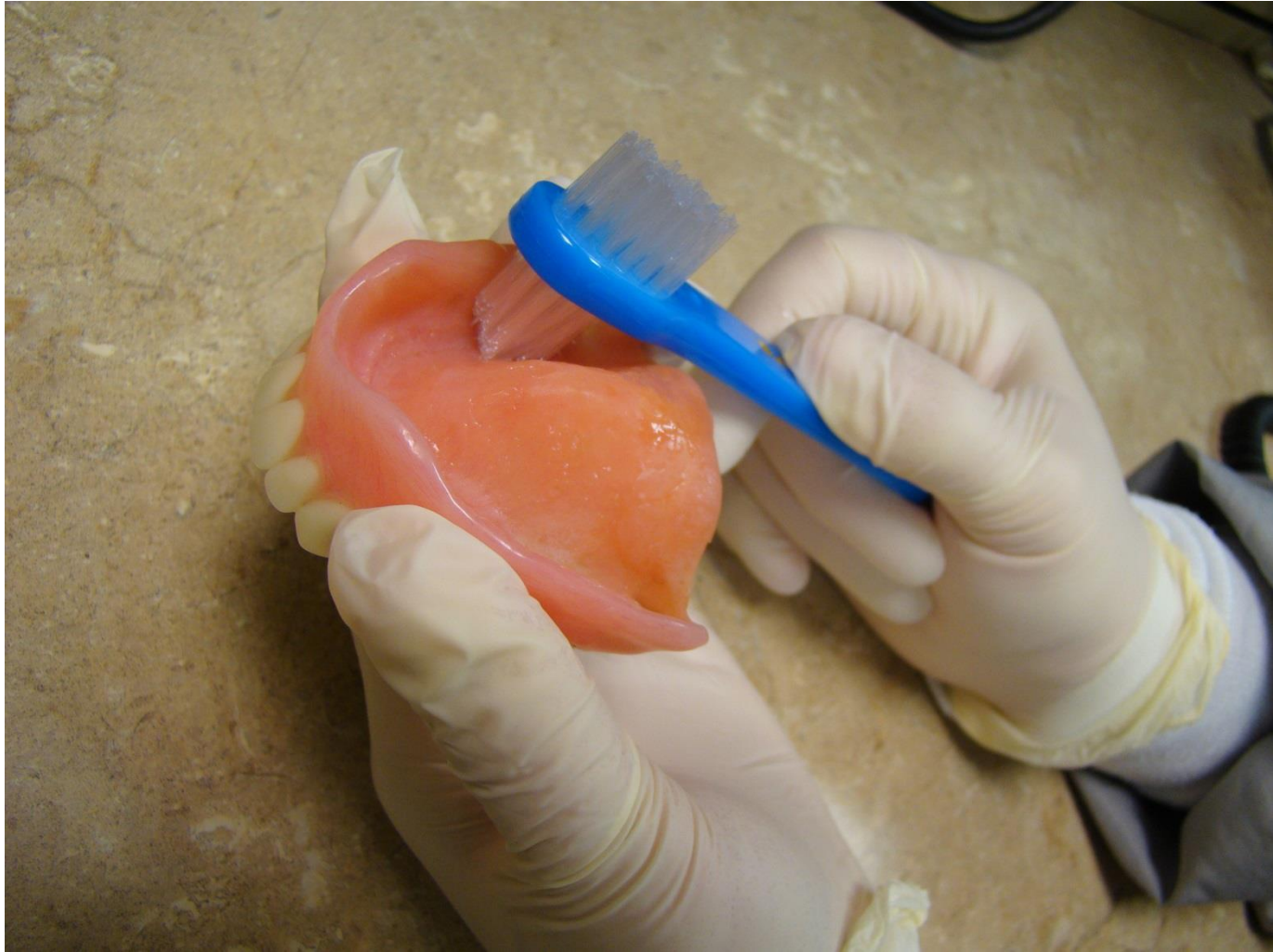
How to Keep My Bite
in My Life

Dentures





Dental Plaque Scraped Off Denture





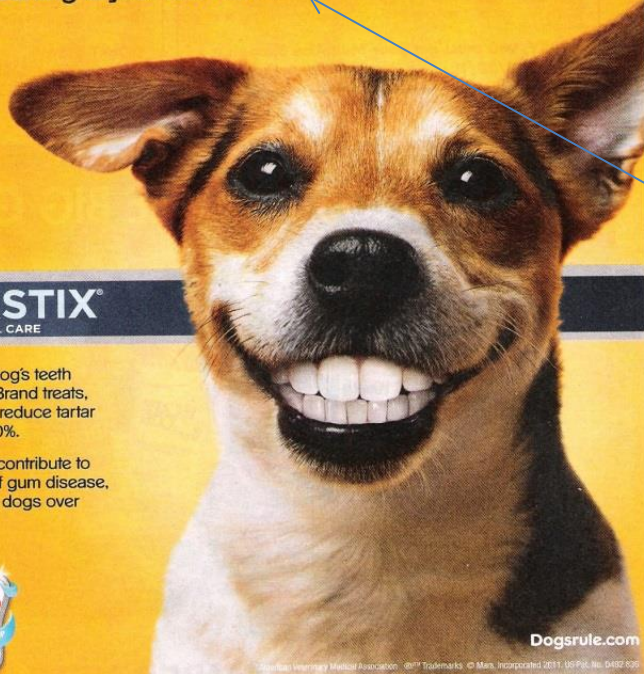






Doggie Dentures!

Because brushing is just too hard.



DENTASTIX
DAILY ORAL CARE

Take care of your dog's teeth with **DENTASTIX** Brand treats, clinically proven to reduce tartar buildup by up to 80%.

Tartar buildup can contribute to the development of gum disease, affecting 4 out of 5 dogs over the age of three.*

Dogsrule.com



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But it's worth the effort!

How to Keep My Bite in My Life

Mouthdryness

She presented with the complaint that chewing crunchy cereal was beginning to hurt her tongue and cheeks.









Management of Mouthdryness

- Rinse mouth and drink cool water.
- Use gustatory stimulus (e.g. citrus).
- Use masticatory stimulus (e.g. chewing gum).
- Reduce use of hyposalivatory meds.
- Use Biotene products (gel, rinse, spray).
- If wearing dentures, use adhesive.

Biotene

Solution/Rinse

Toothpaste

Gel

Spray also available.

Gingivitis? Discomfort? Inflammation? Halitosis?

The Best Therapy for Dry Mouth

biotène
Dry Mouth Toothpaste, Gum & Mouthwash

Contains three primary enzymes—Lactoperoxidase, Lysozyme, Glucose Oxidase to restore and boost saliva's own antibacterial action. Helps maintain a healthy balance of oral flora. Naturally sweetened with Xylitol. Contains no Sodium Lauryl Sulfate.

oralbalance
Mouth Moisturizing Gel

Soothes and relieves oral dryness and burning mouth sensations up to 6 hours. Non-drying formula also helps promote healing.

The #1 recommended treatment for dry mouth due to: Medications, Cancer Therapy, Sjogren's Syndrome, HIV/AIDS, Auto-immune Disorders and Diabetes.

dry mouth care TOOTH PASTE
biotène MOUTHWASH
biotène ANTIBIOTIC FREE FRAGRANCE
biotène DRY MOUTH GUM

1
RECOMMENDED FOR DRY MOUTH PROTECTION

* As listed in the 1984, 1985, 1986, 1987, 1988 and 1989 ADA Dental Hygiene Practice Survey.

How to Keep My Bite in My Life

Arrange for Help
if Needed











Tim Pookham

Tim Pookham

Take Charge



**of Your family's
Oral Health**

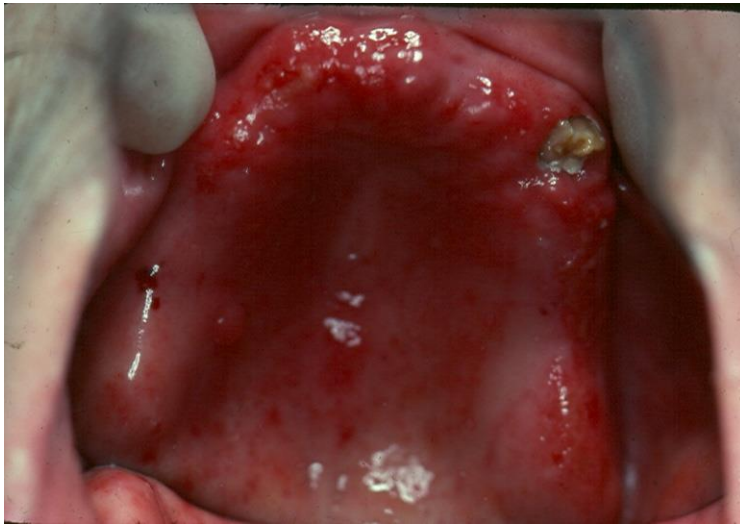
How to Keep My Bite in My Life

Oral Lesions (Sore Spots)

Blue (Amalgam Tattoo)



Red (Denture Stomatitis)



White (Leukoplakia)



How to Keep My Bite in My Life

Oral Lesions (Sore Spots)

Arrange Dental Exam

in Case of

- Color Change
- Ulcer or Swelling
- Bleeding

How to Keep My Bite in My Life

Have a Plan







How to Keep My Bite in My Life

Ms. MT

- For teeth -
 - Brush 2x daily.
 - Use power brush.
 - Toothpaste with ADA seal.
 - Clean between teeth with Stim-U-Dents.
- For periodontal tissues (gums and bone).
 - Rinse mouth at night with Pro-Health (Crest).
- For dentures.
 - Brush with denture brush and store in water.

How to Keep My Bite in My Life

Ms. MT

- For dentures
 - Brush with denture brush and store in water.
- Supervision?
 - Consider asking caregiver to help monitor daily care.
- Office visits
 - Every 3 months for dental hygienist.
 - Every 6 months for dentist.

Advanced Root Surface Caries



How to Keep My Bite in My Life

Mr. DJ

- For teeth
 - Brush 2x daily
 - Use power brush.
 - Use high-fluoride paste (Prevident 5000+ by Rx)
 - Clean between teeth with Stim-U-Dents or flosser.
 - Rinse at bedtime with low fluoride solution (e.g. ACT, Fluorigard).
 - Immediately schedule a dental appointment to plan for professional hygiene, fillings, etc.

How to Keep My Bite in My Life!

Summary

- Common oral health problems for older adults include dental caries, periodontal inflammation, and mouthdryness.
- Adequate management of these problems contributes to retaining teeth.
- Long-term retention of healthy teeth (“My Bite”) requires effective daily personal and professional oral health protocols.

Results of Poor or Absent Oral Care:

Plaque build-up between brushing

Risk of Periodontal Disease and Gingivitis, and even sepsis

Increased bacterial growth on tongue, palate, cheeks, lips

Oral Thrush

Decreased oral sensitivity

Decreased amounts of saliva (xerostomia)

Oral pain

Impaired eating/swallowing resulting in dehydration, malnutrition or weight loss



Periodontium

- Thickness of cementum increased, due to tooth wear and ongoing tooth eruption.
- Increased fibrosis of periodontal ligament.
- Attachment loss with recession and decreased alveolar bone levels, due to chronic exposure to plaque and other irritants.

